

ABSTRACT OF THE DISCLOSURE

A golf alignment system and method that allows a golfer to properly align his or her feet in relation to the already positioned golf club prior to attempting a shot. The invention comprises one or more substantially horizontal alignment stripes disposed upon a pair of shoes worn by a golfer. The alignment stripes may be of any color or material provided they are visually discernable from the rest of the shoe. The present invention uses aligned stripes skewed at a slight angle, offset from the longitudinal axis of the golfer's shoes. Because a human's back or heel portion of the foot is narrower than the front portion, adjacent horizontally disposed alignment stripes on each individual shoe, when brought together, would not result in a series of horizontal lines. However, when utilizing the present invention at the beginning of the alignment process before the golfer actually strikes the ball, the golfer brings his or her feet together or very close to each other. In this position, the front portions of the golfer's feet are slightly splayed out due to the wider front portion of the feet and narrower heel portion of the feet, such that a series of parallel horizontal lines are formed. The golfer may then glance down at a vertical alignment channel that is created by the newly formed sets of parallel horizontal lines, and use it as a guide in order to align his or her feet in respect to the putter face and original target line, which in turn then aids the golfer in aligning the rest of his or her body for a proper golf shot.